

Health Education Content Standard 5: Decision Making

All students will demonstrate the ability to use decision-making skills to enhance health.

Rationale: Managing health behaviors requires critical thinking and problem solving. The ability to use decision-making skills to guide health behaviors fosters a sense of control and promotes the acceptance of personal responsibility.

Fourth Grade Decision Making Competencies

- Describe how to use a decision-making process to select nutritious foods and beverages.
- Compare nutritional values of a variety of similar food items.
- Describe how to use a decision-making process to select healthy options for physical activity.

Possible English-Language Arts Standards Links	Lesson/Activity Ideas
<p>Reading Comprehension</p> <p>2.5 Compare and contrast information on the same topic after reading several passages or articles.</p> <p>Writing Applications</p> <p>2.3 Write information reports:</p> <ol style="list-style-type: none"> Frame a central question about an issue or situation. Include facts and details for focus. Draw from more than one source of information (e.g., speakers, books, newspapers, other media sources). <p>2.4 Write summaries that contain the main ideas of the reading selection and the most significant details.</p> <p>Listening and Speaking</p> <p>1.1 Ask thoughtful questions and respond to relevant questions with appropriate elaboration in oral settings.</p> <p>1.2 Summarize major ideas and supporting evidence presented in spoken messages and formal presentations.</p> <p>1.5 Present effective introductions and conclusions that guide and inform the listener's understanding of important ideas and evidence.</p> <p>1.6 Use traditional structures for conveying information (e.g., cause and effect, similarity and difference, posing and answering a question).</p>	<p>2.5 Compare and contrast ingredients between three boxes of cereals (nutritional info).</p> <p>2.4 Using a graphic organizer, write a summary of nutritional information</p>

<p>2.2 Make informational presentations:</p> <ul style="list-style-type: none"> a. Frame a key question. b. Include facts and details that help listeners to focus. c. Incorporate more than one source of information (e.g., speakers, books, newspapers, television or radio reports). 	<p>2.2 Create a presentation about findings from cereal box activity.</p>
Possible Math Standards Links	Lesson/Activity Ideas
<p>Number Sense</p> <p>1.2 Order and compare whole numbers and decimals to two decimal places.</p>	<p>1.2 Using grocery store circulars: price point comparisons for creating the exact same meal with ingredients from three different stores. Order which products are most/least expensive.</p>